

Monterey County Behavioral Health Resources

Beacon Mild to Moderate Outpatient Mental Health Services	
<p>Beacon Health Strategies A Central California Alliance for Health (the Alliance) partner that provides mental health services for mild to moderate problems to Alliance Medi-Cal members.</p>	<p>1-855-765-9700 Click here for the Beacon website</p>
County, County Contract and Other Mental Health Services	
<p>Natividad Mental Health Unit The Mental Health Unit is a 22-bed, state licensed, locked, adult acute psychiatric facility. Inpatient services provide acute mental healthcare in a safe, structured, pleasant and secure environment. Twenty-four hour care includes psychiatric, medical and diagnostic evaluations. Additional services include skilled interventions by licensed and experienced staff, patient education and medication management, group therapy, daily psychiatric sessions and family education and support as well as comprehensive discharge planning and referral services.</p>	<p>Natividad Medical Center 1441 Constitution Blvd. Salinas, CA 93906 General Information: (831) 755-4111 Mental Health Services Mental Health Unit (831) 755-6367</p>
<p>Community Hospital of the Monterey Peninsula (CHOMP) Inpatient services are for people who need 24- hour observation and intensive treatment. Located at Community Hospital of the Monterey Peninsula, our inpatient facility is called Garden Pavilion. It offers a safe and therapeutic environment for people suffering from severe, often life-threatening psychiatric disorders.</p>	<p>Community Hospital of the Monterey Peninsula 23625 Holman Highway P.O. Box HH Monterey, CA 93942 Inpatient Mental Health Services Please call (831) 625-4775 for more information.</p>
<p>Monterey County Behavioral Health Access Team The Access Team evaluates all requests for non- emergency services for anyone not currently receiving services from County Mental Health or community providers who are part of the mental health system. Comprised of bilingual senior mental health clinicians and psychiatrists who provide assessments and referrals to mental health services.</p>	<p>(888) 258-6029 Available 24 hours a day</p>
<p>Monterey County Behavioral Health Adult Services Adult Services provides mental health services, medication support, case management, brokerage and groups for those individuals who have a chronic persistent mental illness and meet the targeted population of those we serve. That includes those people with schizophrenia, bipolar disorder, and atypical psychosis.</p>	<p>Salinas Location (831) 796-1700 1441 Constitution Blvd, Bldg 400, Ste 202 Marina Location (831) 647-7652 299 Twelve St. Suite A King City Location (831) 386-6868 200 Broadway, Ste #88 The Access Team (888) 258-6029 Click HERE for more info</p>
<p>Monterey County Behavioral Health Children Services Mental Health Program for children provides a continuum of County-operated and community- based services for children, youth and families.</p>	<p>(831) 784-2150 Click HERE for more info Click HERE for Transitional Age Youth Info</p>

<p>Monterey County Mental Health, 24hr Crisis Intervention If you are experiencing a mental health crisis, please call 911 and request to speak with an officer who is Crisis Intervention Trained (CIT Trained) to handle psychiatric emergencies and crisis. You can also call the Mental Health Crisis line at Natividad Hospital at (831) 755-4111 and ask to speak to a member of the Crisis Team.</p>	<p>Crisis Phone Numbers: 24hr Crisis Line (831) 755-4111 Suicide Prevention Hotline (bilingual) 877- 663-5433 Domestic Violence Crisis Line (bilingual) (831) 372-6300 Family Help Line (bilingual) (831) 339-8228 Sunrise House Crisis Line for Youth (bilingual) (831) 758-3302</p>
<p>Catholic Charities We offer general clinical counseling for individuals (children, adolescents and adults), couples, and families. We also offer extended bereavement counseling and marital counseling.</p>	<p>(831) 393-3110 922 Hilby Ave., Ste C Seaside, CA 93955 Click HERE for more info</p>
<p>Community Hospital of the Monterey Peninsula (CHOMP) Our goals are to help you and your family function well, be healthy, and work on your treatment goals. Treatment starts with an appointment and an evaluation. Treatment can take the form of individual, family, or group therapy, medication management with a psychiatrist, support, education, referrals, and other options. Our clinical staff includes psychiatrists, child adolescent psychiatrists, a psychiatric nurse practitioner, neuropsychologist, psychologist, licensed clinical social workers, and licensed marriage and family therapists.</p>	<p>Adult Partial Hospitalization Program (831) 658-3030 Outpatient Mental Health Services (831) 625-4600 (800) 499-5135 (toll-free) www.chomp.org</p>
<p>Community Human Services (CHS) Family Services Centers Mental health counseling is available for adults, children, couples, and families at CHS' Family Service Centers. Counseling is provided by licensed therapists and clinically supervised interns.</p>	<p>(831) 757-7915 433 Salinas Street Salinas, CA 93901 (831) 394-4622 1178 Broadway Seaside, CA 93955 www.chservices.org</p>
<p>First Presbyterian Church Mental Health Services New Hope Counseling Ministry</p>	<p>(831) 422-7811 ext. 130 Call to make an appointment www.fpcsalinas.org</p>
<p>Interim Inc. Interim, Inc. provides services for adults who have psychiatric disabilities. This includes: affordable housing, residential treatment, social support, homeless outreach and support, family outreach, and supported education and employment.</p>	<p>Interim Inc. Office Phone: (831) 649-4522 PO Box 3222 Monterey CA 93942 www.interiminc.org</p>
<p>National Alliance on Mental Illness (NAMI) of Monterey County NAMI advocates for access to mental health services, treatment, support and research They are committed to raising awareness and building a community for hope for all of those in need.</p>	<p>(831) 375-6264 PO Box 295 Monterey CA 93942 www.namicalifornia.org</p>
<p>Sunrise House Mental Health Services Counseling for Teens & Families Bilingual counselors 24-hour crisis phone line Premarital counseling for minors Anger Management Couples counseling</p>	<p>(831) 758-3302 119 Capitol Street Salinas, CA 93901 www.sunrisehouse.org</p>
<p>The Village Project, Inc. Mental Health Services include: Counseling for Children and Families, Individual Adult Counseling and Couples Counseling</p>	<p>(831) 392-1500 1069 Broadway Avenue, Suite 201 Seaside, CA 93955 www.thevillageprojectinc.org</p>
<p>YWCA A staff of marriage and family therapists, interns, and trainees provide counseling for individuals, couples, families and children. Our trained counselors assist our clients with the courage to dream of a better life.</p>	<p>Salinas 236 Monterey St, Salinas, CA 93901 (831) 422-8602 Monterey 915 Hilby Ave. # 26 , Seaside, CA 93955 (831) 583-1025 www.ywca.org</p>

Local Drugs and Alcohol Support	
<p>County Alcohol and Other Drug (AOD) Program Access and information for all County operated and County contracted substance abuse recovery services.</p>	<p>The Access Team (888) 258-6029 (831) 755-4509</p>
<p>Beacon House Substance Abuse Services Partial Hospitalization is a full-day, non- residential program that focuses on arresting the addiction process as well as establishing individualized relapse prevention strategies. Intensive Outpatient is a half-day program that focuses on accountability and affords clients the opportunity to check in with staff and peers while navigating day to day life. Private Pay, Private Insurance.</p>	<p>(831) 372-2334 468 Pine Ave, Pacific Grove, CA 93950 www.beaconhouse.org</p>
<p>CHOMP Substance Abuse Services Through family counseling, group therapy, and educational sessions, people learn to re- experience freedom from alcohol and drugs. We help them understand themselves, the disease, and how it affects family, friends, and others. We help build effective coping techniques and support recovery.</p>	<p>Recovery Center (831) 625-4608 (831) 625-4600 (800) 528-8080 Free screening for substance abuse treatment is available by appointment. www.chomp.org</p>
<p>Community Human Services (CHS) Substance Abuse Services CHS' Substance Abuse Services offer residential and outpatient substance abuse counseling and recovery options. Affordable, comprehensive treatment is available for adults with drug and alcohol addictions. We provide treatment from the perspective that a firm foundation of physical, emotional and spiritual health is vital to continued recovery.</p>	<p>Elm House 1001 Elm Ave., Seaside, CA 93955 (831) 920-1078 Genesis House 1152 Sonoma Ave., Seaside, CA 93955 (831) 899-2436 Off Main Clinic 1083 S. Main St., Salinas, CA 93901 (831) 424-4828 www.chservices.org</p>
<p>Door to Hope Counseling & Substance Abuse Services Individualized treatment plans with an integrated approach that combines evidence-based practices including 12 Step principles and practices, motivational enhancement therapy, the Matrix Model, life skills, family therapy, parenting education, medical treatment, seeking safety, and behavioral therapy. Psychological treatments available.</p>	<p>130 W. Gabilan Street Salinas, CA 93901 Tel. (831) 758-0181 Fax. (831) 758-5127 www.doortohope.org</p>
<p>Sun Street Center Counseling Services Counseling sessions are offered in both individual and group settings, with bilingual services available. In addition to counseling services, we also offer residential treatment and other programs that include aftercare to maximize the potential for ongoing recovery with long-term abstinence from alcohol and drug use. Affordable Costs, Private Pay.</p>	<p>11 Peach Drive, Salinas, CA (Main Office) Phone: (831) 753.6001 Mon-Fri 9:00AM to 7:00PM 1760 Fremont Blvd. Suite E1, Seaside, CA Phone: (831) 753.6001 Hours: Mon-Thurs 4:30PM to 7:30PM (NO walk-in at this site, MUST contact Office) www.sunstreetcenters.org</p>
<p>Online Substance Abuse Treatment Free Online Self Directed Treatment Program for War Veterans; Self-pay for everyone else</p>	<p>(877) 399-1993 www.onlinesubstanceabusetreatment.com</p>
<p>Valley Health Associates Substance Abuse Services We are a non-profit corporation offering, prevention, intervention, and multiple outpatient services for alcoholism, alcohol abuse, and drug dependency. Our aim is to promote wellness and a healthy productive lifestyle among those we serve.</p>	<p>338 Monterey Street Salinas, CA 93901 (831) 424-6655 Fax (831) 424-9717 E-Mail vha@redshift.com www.valleyhealthassociates.com</p>

Local Support Groups	
<p>AL-ANON/ALATEEN Family Groups District 18-Northern California The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. They offer Newcomer’s Meetings, Alateen Meetings and Al- Anón en Español. Daily listing of meetings online. Find a meeting that works by going online or calling.</p>	<p>INFORMATION (24 Hours) English: 831/373-2532 Spanish: 831/424-6207 http://www.montereycountyal-anon.org/</p>
<p>Alcoholics Anonymous Monterey Bay Area Intergroup List of daily meetings online or call 24 hour hotline.</p>	<p>24 Hr Hotline: (831) 373-3713 www.aamonterey.org</p>
<p>Alcoholics Anonymous Salinas Valley Area Intergroup List of daily meetings online or call 24 hour hotline.</p>	<p>24 Hr Hotline: (831) 424-9874 www.aasalinas.org</p>
<p>Alcoholics Anonymous (SPANISH) Oficina Intergupal de Salinas List of daily meetings online or call 24 hour hotline.</p>	<p>Spanish (831) 757-8518 www.aacostacentral.com</p>
<p>Depression Bipolar Support Alliance (DPSA) Salinas support group (faith-based) This is a peer-run support group where you will find comfort and direction in a confidential and supportive setting.</p>	<p>(831) 915-7654 Contact: Kip or Rebecca Zeller (510) 206-3449 Contact: Jasmine Phillips Email: dbsafpcmontereyco@yahoo.com www.dbsalliance.org</p>
<p>Interim Inc. MH Peer Support /Our Voices /OMNI Our Voices in Monterey and The OMNI Resource Center in Salinas is Interim’s Peer-to-Peer Education Course with two-fold goals: 1) to motivate and educate adults with mental illness to take an active role in creating their own wellness 2) to provide consumers with the skills to lead their peers and their communities in a range of wellness, social, and vocational activities. Please call for DPSA support group times.</p>	<p>Our Voices (831) 649-4399 11:00am – 4:00pm The OMNI Resource Center (831) 754-3838 English Contact: Harold Hamaker, ext. 203 Spanish Contact: Bertha Cervantes, ext. 200 Email: omni@interiminc.org Address: 339 E. Pajaro Street Suite A, Salinas, CA 93901 http://www.interiminc.org/omni/</p>
<p>Narcotics Anonymous Stanislaus Valley Groups A nonprofit Fellowship or society of men and women for who drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. List of daily meetings online or call helpline.</p>	<p>24-hour Helpline SALINAS (831) 758-1630 MONTEREY (831) 624-2055 http://www.monterey-sbna.org/index.html</p>
<p>Overeaters Anonymous Monterey County Intergroup Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating (e.g.: overeating, bulimia, anorexia). For a listing of meetings, please go online or call Hotline.</p>	<p>(831) 646-2311 HOTLINE http://monterey.oar2.org/</p>
<p>Suicide Prevention of the Central Coast LOSS Support Group This group offers bereavement support for someone who has lost a loved one to suicide. Call to join a group near you.</p>	<p>(831) 375-6966 Meets in Pacific Grove and Monterey</p>
Local Helplines and Hotlines	
<p>CHOMP Behavioral Health Services Mental Health 24-hour crisis line</p>	<p>(831) 625-4623</p>
<p>Medi-Cal Smoking Quitline Free tips and plan to quit</p>	<p>(800) No Butts (English) (800) 45-No Fume (Spanish)</p>

<p>Monterey County Rape Crisis Center 24 hour crisis intervention services including counseling with licensed therapists and registered Interns on a sliding fee scale are offered for both individual appointments and group therapy. Services are also available to parents, spouse/partner, and children over the age 12</p>	<p>24 Hour Crisis Line Monterey Peninsula (831) 375-4357 Salinas/South County (831) 424-4357 www.mtrypecrisis.org</p>
<p>Suicide Prevention of the Central Coast 24-Hour Suicide Crisis Line Crisis line is available for anyone who is feeling suicidal or experiencing a crisis and in need of support. Line is anonymous and confidential with interpreters available.</p>	<p>24 hour toll-free Suicide Crisis Line (877) 663-5433 (1-877 ONE-LIFE) (831) 649-8008</p>
National Helplines and Hotlines	
<p>California Youth Crisis Plan California Coalition for Youth offers support, encouragement, and referrals to youth needing assistance or in crisis situations.</p>	<p>(800) 843-5200 http://www.youthcrisisline.org/</p>
<p>Gay Lesbian Bisexual & Transgender National Youth Talk Line A program of the GLBT National Help Center that offers support encouragement & assistance in crisis situations to youth through age 25.</p>	<p>Mon-Fri, 1PM-9PM Saturday 9AM-2PM (800) 246-7743 http://www.glbtonationalhelpcenter.org/tal_kline/index.html</p>
<p>Gay Lesbian Bisexual & Transgender National Hotline The Gay, Lesbian, Bisexual and Transgender (GLBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.</p>	<p>Mon-Fri 1PM-9PM Saturday 9AM-2PM (800) 843-4564 http://www.glbtonationalhelpcenter.org/ho_tline/index.html</p>
<p>Centers for Disease Control and Prevention For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources.</p>	<p>(800) QUIT-NOW (800-784-8669) http://www.cdc.gov/tobacco/</p>
<p>Kristin Brooks Hope Center 24 hour crisis intervention hotline.</p>	<p>(800) 442-HOPE (4673) http://www.hopeline.com/</p>
<p>The National Domestic Violence Hotline Provide confidential, one-on-one support offering crisis intervention, options for next steps and direct connection to sources for immediate safety. Available 24/7, 365 days/year</p>	<p>(800) 799-7233 (800) 787-3224 (TTY) http://www.thehotline.org/ English & Spanish</p>
<p>National Cancer Institute Smoking Quitline The National Cancer Institute's trained counselors are available to provide information and help with quitting in English or Spanish, Monday - Friday, 8:00am to 8:00pm Eastern Time</p>	<p>(877) 44U-QUIT (877-448-7848) (Spanish and English)</p>
<p>National Suicide Prevention Lifeline 24 hours a day hotline. Calls are transferred to trained counselors in over 130 States. This service has a new feature for veterans.</p>	<p>English: (800) 273-TALK (8255) Spanish: (888) 628-9454 http://www.suicidepreventionlifeline.org/</p>
<p>National Teen Runaway Hotline A 24-hour crisis line. The mission of the National Runaway Safeline (NRS) is to help keep America's runaway, homeless and at-risk youth safe and off the streets.</p>	<p>(800) RUNAWAY (800-786-2929) http://www.1800runaway.org/</p>
<p>Peer to Peer Crisis Teen Line Talk line from 6pm - 10 pm</p>	<p>(800) 852-8336 http://teenlineonline.org</p>
<p>Suicide Hotline Toll Free</p>	<p>(800) SUICIDE (800-784-2433)</p>
<p>The Trevor Project This is a free and confidential suicide prevention and crisis help line for gay and questioning youth that offers hope and someone to talk to 24 hours a day.</p>	<p>(866) 4-U-TREVOR (866-488-7386) www.thetrevorhelpline.org</p>

<p>Veterans Suicide Prevention Hotline The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Support for deaf and hard of hearing individuals is available.</p>	<p>(800) 273-8255 ext.1 Confidential toll-free hotline 24 hours a day Text support available at 838255 www.veteranscrisisline.net</p>
<p>(800) Therapist (Therapist Referral)</p>	<p>(800) 843-7274</p>
Online Support	
<p>Centers for Disease Control and Prevention Smokefree.gov Provides ideas about how to stop using tobacco. Includes free downloadable resources, live help phone counseling through text messaging, and text message program.</p>	<p>Phone Counseling and Text Message Support for Quitting Smoking www.smokefree.gov</p>
<p>CopingTutor A new clinically tested, self-help program, made for people with schizophrenia who hear voices. CopingTutor provides online training and tools based on Cognitive Behavioral Therapy (CBT) which has been a proven add-on treatment for psychosis and schizophrenia for many years. Free online trial.</p>	<p>Schizophrenia Support https://copingtutor.com/</p>
<p>Eating Disorders Anonymous (EDA) A fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others recover from eating disorders.</p>	<p>Leader lead chat room - online support. http://eatingdisordersanonymous.org</p>
<p>MoodGYM This site teaches people to use ways of thinking that will help prevent depression and relieve depression symptoms.</p>	<p>http://moodgym.anu.edu.au</p>
<p>Pendulum An email support group for people with bipolar disorder</p>	<p>To subscribe to Pendulum, go to: http://mailman.ucar.edu/mailman/listinfo/pendulum</p>
<p>Postpartum Support International Online Support Group Chats Tuesday nights 7:00pm PST Toll-free Help Line Refers callers to local resource and emergency services</p>	<p>PPMD Online Support Group http://postpartumdepression.yuku.com/ Help Line (800) 944-4PPD (4773) www.Beypartum.net</p>
<p>RIDERS A list for those who are involved in a relationship with someone suffering from bipolar disorder, but not suffering from the disease themselves.</p>	<p>To subscribe to the list, send the text "subscribe riders" in the body of a message to majordomo@helpnet.org.uk.</p>
<p>Schizophrenics Anonymous (SA) SA is a self-help group for persons who have schizophrenia or a schizophrenia-related illness. You are invited to participate in the Conference Call Support Groups.</p>	<p>SA Support Conference Call Grp Sundays & Thursdays at 7PM Eastern Time (855) 640-8271; Pass code: 88286491# Friends & Family Support Conference Call Tuesdays at 7PM Eastern Time (855) 640-8271; Pass code: 88286491# http://www.sardaa.org/</p>
<p>National Eating Disorders Association (NEDA) The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders.</p>	<p>Confidential Helpline at (800) 931-2237 Mon-Thurs 9AM-9PM Fri 9AM-5PM EST http://www.nationaleatingdisorders.org/</p>